

Milk Requirements

Schools or institutions may choose pasteurized fluid types of unflavored or flavored whole milk, low-fat milk, skim milk, and cultured buttermilk that meet State and local standards. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration. Listed in the chart below is the minimum required milk serving sizes for the appropriate age/grade group.

	Minimum Requirements	
Food Items	Group 1 Ages 1 - 4	Group 2 Ages 5-8
	Preschool	Grades K-12
Milk, fluid	6 fl oz (3/4 cup)	8 fl oz (1 cup)